

# Mindfulness Meditation Group



***Wednesdays, 9:30-11:00 a.m.***

***Encinitas, CA***

***Directions will be provided upon request.***



***LIVIA WALSH, RN, LMFT***

Livia Walsh has been a meditation practitioner for more than 40 years and has been teaching meditation and development of mindfulness and compassion for more than 25 years. She is a senior teacher at the University of California San Diego's Center for Mindfulness where she teaches John Kabat Zinn's Mindfulness Based Stress Reduction program and the Mindful Self Compassion program developed by Chris Germer and Kristen Neff. She has studied with several meditation masters in both the Zen and Tibetan Buddhist traditions.

Mindfulness Meditation is a way to, in part, cultivate a clear and calm mind in order to access our own inner resources of wisdom and healing. Mindfulness essentially means paying attention on purpose to whatever we experience in the present moment without judgment or attachment. This includes becoming aware of thoughts, feelings and body sensations.

Mindfulness is a way to learn about who you are and how you are in any given moment as you become aware of internal and external circumstances or conditions and ways these affect you.

This Mindfulness Meditation group is for new, intermediate and experienced meditators who would like to learn, deepen and have support for their practice.

**Sitting Meditation Practice  
Walking Meditation Practice  
Development of Self Compassion**

**Donations/dana are gratefully accepted for  
Social Justice Homeless & Families in Need Projects**

**Please contact [livwalsh1@gmail.com](mailto:livwalsh1@gmail.com) if you would like to participate and be on the email list for announcements (e.g. if the group is cancelled due to my absence)**